



oakleaf 

MAKING LIFE WORK WITH MENTAL ILLNESS

ADULT
MENTAL HEALTH
FIRST AID
TRAINING

TRAINING FOR A HEALTHY ORGANISATION

Healthy people are happier, more engaged and more productive. Employers across the UK are acting now to support the wellbeing of their people and create mentally healthy businesses.

Stress, anxiety and depression are the biggest cause of sickness absence in our society. Mental ill-health is responsible for 91 million working days lost every year.

MENTAL ILL-HEALTH COSTS UK EMPLOYERS £33-42 BILLION EACH YEAR



Approx. 1 in 4 people in the UK will experience a mental health problem each year

£33-42bn

The annual cost of poor mental health to UK businesses



76% agree employers are responsible for influencing employee health

Sources: Mind, Thriving at Work report, Aon Benefits and Trends Survey 2019

Mental ill health costs UK employers an estimated £33-42 billion each year - the equivalent of roughly £1,300 for every employee in the UK workforce. Broken down, that's an average of £10.6 billion in sickness absence, £21.2 billion in reduced productivity, and £3.1 billion in replacing staff who leave their jobs for mental health-related reasons.

Simple steps to improve the management of mental health in the workplace will allow employers to save many of these costs. This is where we can help.

MENTAL HEALTH FIRST AID TRAINING

Mental Health First Aid (MHFA) is an internationally recognised training course that is here to support you to manage wellbeing proactively and minimise the impact of mental ill health on work and life. We'll work alongside you to deliver training that complements and enhances your existing wellbeing strategy, if you have one. If you don't, we'll get you started on that journey and guide you along the way.

MHFA training courses teach people to spot the symptoms of mental health issues, offer initial help and guide a person towards support.

We don't teach people to be therapists, but we do teach people to listen, reassure and respond, even in a crisis - and even potentially stop a crisis from happening.

We have training options to suit a range of timescales and budgets, from basic mental health awareness sessions to a full Mental Health First Aider qualification. They are all designed to benefit employees, line managers, HR professionals and senior leaders alike - to let all your people meet the challenges of the workplace head on.



MHFA England

WHY DO YOUR MHFA TRAINING WITH OAKLEAF?

Oakleaf is a mental health charity with over 25 years of experience in helping people with mental ill health return to work. By improving their wellbeing, we are enabling people to build their skills and confidence; to gain qualifications and to become active members for their communities.

By choosing to do your MHFA training through our services you will not only be reshaping the wellbeing of your employees, but you will be directly supporting the needs of individuals who are struggling with some of the most severe cases of mental illness. 100% of training proceeds go to the charity.

THE COURSES

We offer four training options: a two day, a one day and a half day course as well as a half day refresher course. The two day course will qualify you as a certified Mental Health First Aider. The one day course will qualify you as a MHFA Champion. The half day course is an introductory session of mental health, and the refresher is for anyone who completed their training 3+ years ago.

MENTAL HEALTH FIRST AID TWO DAY

COST FOR 2 DAY TRAINING: £325+VAT PER PERSON

Our two day course qualifies you as a Mental Health First Aider. Mental Health First Aiders have:

- An in depth understanding of mental health and the factors that can affect wellbeing.
- Practical skills to spot the triggers and signs of mental health issues.
- Confidence to step in, reassure and support a person in distress.
- Enhanced interpersonal skills such as non-judgemental listening.
- Knowledge to help someone recover their health by guiding them to further support - whether that's self-help resources, through their employer, the NHS, or a mix.

Through a mix of group activities, presentations and discussions, each session is built around a Mental Health First Aid action plan. Everyone who completes the course gets a:

- A hard copy workbook
- A digital manual to refer to whenever you need it
- A wallet-sized reference card with the Mental Health First Aid action plan
- A digital MHFAider certificate
- Access to the MHFAider Support App for three years

MENTAL HEALTH FIRST AID ONE DAY

COST FOR 1 DAY TRAINING:
£200+VAT PER PERSON

Our one day mental health awareness and skills course qualifies you as an MHFA Champion.

MHFA Champions have:

- An understanding of common mental health issues
- Knowledge and confidence to advocate for mental health awareness
- Ability to spot signs of mental ill health
- Skills to support positive wellbeing

We limit numbers to 16 people per course so that the instructor can keep people safe and supported while they learn.

Through a mix of group activities, presentations and discussions, the course is built around a Mental Health First Aid action plan.

Everyone who completes the course gets an MHFA workbook to keep and refer to whenever they need it, and a certificate to say they are an MHFA Champion.

You'll also get a copy of the Line Managers' Resource, an invaluable source of advice on how to support an employee experiencing mental ill health.

MENTAL HEALTH FIRST AID HALF DAY

COST FOR HALF DAY TRAINING: £125+VAT
PER PERSON

Our half day course is an introductory four hour session to raise awareness of mental health.

It is designed to give:

- An understanding of what mental health is and how to challenge stigma
- A basic knowledge of some common mental health issues
- An introduction to looking after your own mental health and maintaining wellbeing
- Confidence to support someone in distress or who may be experiencing a mental health issue

Learning takes place through a mix of presentations, group discussions and workshop activities. We limit numbers to 25 people per course so that the instructor can keep people safe and supported while they learn. Everyone who completes the course gets a workbook to refer to whenever they need it as well as a certificate of attendance to say they are Mental Health Aware.

HALF DAY REFRESHER

COST FOR HALF DAY TRAINING:
£125+VAT PER PERSON

This course is open to all who completed a 2-day course over three years ago. Renew your skills and update your knowledge.

MHFA

CASE STUDIES

These are an assortment of organisations that have implemented the MHFA training into their business:

Unilever

“Unilever is taking the agenda of mental wellbeing forward through a holistic approach, which can be tailored to the particular needs of employees in different parts of the organisation, enabling the organisation to drive real business benefit and impressive ROI.”

Started MHFA training

October 2013

Line Managers trained so far (One Day course) 1,600

Employees trained so far (Two Day course) 250

King's College London

“If we can provide the right support for early intervention, students have a better outcome and can engage with their studies here, whether they have a diagnosis or not.”

Started MHFA training

January 2015

Staff trained so far 650+

Channel 4

“Mental health is vital for creativity and innovation. It helps people thrive and be the best they can be.”

Started MHFA training

July 2016

Staff trained so far 60+

Slaughter and May

“As a leading international law firm, we work in a high-performance culture which delivers the very best service for all our clients. Supporting the mental wellbeing of our staff with Mental Health First Aid (MHFA) is an essential part of ensuring our employees operate at the very top of their game.”

Katie Gledhill, Head of HR Advisory and Resourcing, Slaughter and May

Started MHFA training
May 2016
Staff trained so far
10 +

EY

“We wanted mental and physical health to hold equal weight in our wellbeing programme. We decided on MHFA because it had a clinical rigour that underpinned the training that we valued.”

Started MHFA training
October 2013
Staff trained so far
750+

Royal Mail

“It’s crucial that all Royal Mail staff feel able to voice their concerns around mental health. To have managers professionally trained in this area is invaluable.”

Started MHFA training
2015
Staff trained so far
106

Lendlease

“MHFA has proved to be the most well attended and proactive work stream group that has ever been established within Lendlease.”

Started MHFA training
August 2014

Staff trained so far
200

Crossrail

“Crossrail is intent on leaving a legacy for how organisations can get mental health provision up and running in their workplace.”

Started MHFA training
October 2015

Staff trained so far
102

Visit:

mhfaengland.org/mhfa-centre/case-studies/

to read these and further case studies
in more detail.

We believe that by taking part in the MHFA training you will be able to instill core mental health standards into your business. To have the tools to produce, implement and communicate a mental health at work plan. Develop awareness; open conversations and reduce stigma.

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